



To read more about our Fitness classes, please view our detailed descriptions online at [www.CarlsbadConnect.org](http://www.CarlsbadConnect.org).

## Aerobic Dancing: Lite! ♥

Jacki Sorensen's Aerobic Dancing, choreographed for the non-dancer, is everything you need to get fit. Work your core, strengthen and tone your muscles, get a great cardiovascular workout and increase your flexibility. This class uses upbeat and motivating music for a safe, effective, "Get-It-All-Together" approach to fitness-all while having fun! Ask about a risk-free trial.

**Senior Center: Dance Studio**

**Instructor: Margaret Grundman**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57003	8:45-9:45am	Tu/Th	May 28-Jun 27	10c	\$50/\$60
57004	8:45-9:45am	Tu	May 28-Jun 25	5c	\$30/\$40
57005	8:45-9:45am	Th	May 30-Jun 27	5c	\$30/\$40

## Health Barre ♥

Improve your posture, muscle-tone and strength with basic ballet movements used on center floor and the barre. You'll work your entire body with dumbbells, bands and other methods of resistance to promote lean muscle. Our workout concludes with abdominal workout and lengthening stretches. Please bring a mat, 1 or 2 lb. hand weights, water and a towel. Drop in \$11.

**Harding Community Center: Auditorium**

**Instructor: Fit, Fun and Fabulous**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57143	9:00-10:00am	F	Jul 19-Aug 23	6c	\$50/\$60

## Jacki Sorensen's Aerobic Dancing ♥

Jacki Sorensen's Aerobic Dancing is the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. So come sway, stretch, crunch, squat, and swing yourself into total body fitness while enjoying music from a variety of different music genres. Jacki's classes are effective, exciting and fun! Please bring a mat and water bottle to class. Choosing the two-day a week class will allow you to choose which two days you wish to attend. Drop in \$10.

**Harding Community Center: Recreation Hall**

**Instructor: Frances Walters**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57147	8:15-9:15am	MWF	Jul 8-Aug 23	21c	\$99/\$109
57148	8:15-9:15am	W/F	Jul 10-Aug 23	14c	\$74/\$84

## K-9 Fitness Rancho Carrillo Trail ♥

Enjoy a workout with your well behaved, leashed K9 pal. We will walk, run, and workout along the trail using resistance bands and plyometric workouts, ending with a yoga inspired cool down. This is a great way for you and your dog to stay in shape, have fun, and socialize. Must bring a 6 ft. (or shorter) dog leash. Bring a resistance tube, or the instructor will have one for you to purchase for \$10. Meet in the Carrillo Elementary School Parking Lot

**Leo Carrillo Ranch: Rancho Carrillo Trail**

**Instructor: Tracey Kiernan**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57218	6:30-8:00pm	Tu	Jul 16-Aug 20	6c	\$96/\$106

## K-9 Workout Hosp Grove ♥

Enjoy a workout with your well-behaved, leashed K9 pal. We will walk, run, and workout along the trail using resistance bands and plyometric workouts, ending with a yoga inspired cool down. This is a great way for you and your dog to stay in shape, have fun, and socialize. Must bring a 6 ft. (or shorter) dog leash. Bring a resistance tube, or the instructor will have one for you to purchase for \$10. Meet at the playground parking lot on Jefferson.

**Hosp Grove: Picnic Area and Playground**

**Instructor: Tracey Kiernan**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57217	9:30-11:00am	F	Jul 19-Aug 23	6c	\$96/\$106

## Kid Yoga ♥

This class teaches students the Yoga poses used in Hatha Yoga in a kid friendly and fun way. Students are taught to use their breath as a way to help calm themselves down in stressful daily situations. Class discussions cover healthy food choices and how it affects their body. Students learn how Yoga poses help to stimulate different organs in our bodies helping to keep them healthy.

**Harding Community Center: Recreation Hall**

**Instructor: Leah Snead**

**Age: 5Y - 10Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57127	4:30-5:30pm	W	Jun 5-Jul 10	6c	\$75/\$85
57128	4:30-5:30pm	W	Jul 24-Aug 21	5c	\$63/\$73

## Live Long: Do Qigong ♥

Increase energy, reduce stress, improve sleep patterns, enhance mental acuity and strengthen immune system with the clinically-proven practice of Qigong (pronounced Chee-gong). Immediately benefit from deep relaxation, breathing exercises and vitalizing gentle, fluid movements that may be done standing or sitting in a chair. All physical conditions welcome. Drop in \$10.

**Senior Center: Dance Studio**

**Instructor: Fay McGrew**

**Age: 50Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57022	10:00-11:00am	Tu	Jun 11-Jul 2	4c	\$32/\$42
57023	10:00-11:00am	Tu	Jul 9-30	4c	\$32/\$42

Activities and classes with ♥ offer a health and wellness benefit to the participant.

## Pi Yo ♥

Merging Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures and power moves creating a tremendous energy from within. Our focus is deep muscle work building strength and harmony. Please bring towel and yoga mat. Drop in \$9.

**Calavera Hills Community Center: Activity Room**

**Instructor: Sue Stewart**

**Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57129	6:00-7:00pm	M	Jun 3-Jul 1	5c	\$32/\$42

## Pilates with a Stretch ♥

Join us in our quest for longer leaner muscles, core strength and fitness. Stretching is a bonus, which will help increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. Please bring a towel. Drop in \$9.

**Calavera Hills Community Center: Activity Room**

**Instructor: Sue Stewart**

**Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57130	6:00-7:00pm	W	May 29-Jul 3	6c	\$38/\$48

## Stroller Yoga ♥

Stroller Yoga in the park is a fun and interactive fitness program that can be done with your child. It's a combination of basic yoga stretching, strength/flexibility work, and cardio fitness, while spending time with your little one. A yoga mat/towel is recommended as well as walking/jogging shoes for the cardio portion. Children must be at least 8 weeks old to begin classes but can participate up to any age so long as they still enjoy a ride in the stroller. Let the Zen Begin!

**Poinsettia Park: Open Space 3**

**Instructor: Courtney Apanowicz**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57137	9:30-10:30am	Tu	Jul 9-Aug 27	8c	\$67/\$77
57138	9:30-10:30am	Th	Jul 11-Aug 29	8c	\$67/\$77

## Tai Chi Chuan ♥

Experience an introduction and instruction on the Chinese exercise/discipline of Tai Chi Chuan. This slow non-strenuous exercise places emphasis on balance, flexibility and ease of movement for the continuation or improvement of health for the rest of your life. Drop in \$8.

**Calavera Hills Community Center: Activity Room**

**Instructor: Ben Parsons**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57117	9:00-11:00am	M	Jul 8-Aug 26	8c	\$42/\$52
57118	9:00-11:00am	Sa	Jul 13-Aug 31	8c	\$42/\$52

## Yoga ♥

**Beginner/Intermediate**

This is an active flow Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary fitness approach to traditional Yoga practice. Yoga offers the opportunity for improvement in spinal stability, posture, abdominal strength, coordination and balance, as well as managing stress. Please bring a mat. Drop in \$10.

**Harding Community Center: Recreation Hall**

**Instructor: Courtney Apanowicz**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57133	5:30-6:30pm	Tu	Jul 9-Aug 20	7c	\$52/\$62
57134	6:00-7:00pm	Th	Jul 11-Aug 22	7c	\$52/\$62

## Yoga Circle

Empower yourself with this gentle, yet challenging yoga class! You'll stretch and strengthen with a flow of postures, improving balance and flexibility. Deep breathing will relax and rejuvenate you, releasing stress. Body, mind and spirit will harmonize naturally. Please wear loose clothing, bring a mat and an empty stomach. Drop In \$11.

**Calavera Hills Community Center: Activity Room**

**Instructor: Cynthia Collier**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57131	4:30-5:30pm	W	Jul 17-Aug 21	6c	\$51/\$61

## Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary fitness approach to traditional Yoga practice, plus a selection of Pilates mat work exercises designed to improve spinal stability, posture, and abdominal strength. Please bring a mat. Drop in \$9.

**Senior Center: Auditorium**

**Instructor: Courtney Apanowicz**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57219	6:00-7:00pm	M	Jul 8-Aug 26	8c	\$59/\$69
57220	6:00-7:00pm	W	Jul 10-Aug 28	8c	\$59/\$69

## Zumba ♥

**Zumba Fitness**

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! This is 'Exercise in Disguise!' Drop in \$10.

**Harding Community Center: Recreation Hall**

**Instructor: Diane Barry**

**Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57153	6:45-7:45pm	Tu	May 28-Jul 2	6c	\$49/\$59
57154	6:45-7:45pm	Tu	Jul 16-Aug 20	6c	\$49/\$59

*Sign up* ➡ 

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[www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec)

## Senior Center: Auditorium

Instructor: Diane Barry

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57155	6:45-7:45pm	Th	May 30-Jun 27	5c	\$41/\$51
57156	6:45-7:45pm	Th	Jul 18-Aug 22	6c	\$49/\$59

## Zumba Fitness

Zumba fitness is one of the fastest growing dance based fitness crazes in the country. You'll agree this is the most fun you've ever had working out with easy to follow dance moves and motivating Latin rhythms such as Merengue, Salsa, Cumbia, Reggaeton and even Belly Dance and Hip Hop. Drop in \$11.

## Harding Community Center: Auditorium

Instructor: Fit, Fun and Fabulous

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57159	9:00-10:00am	M	Jul 15-Aug 19	6c	\$50/\$60
57160	9:00-10:00am	W	Jul 17-Aug 21	6c	\$50/\$60

## Stagecoach Community Center: Activity Room

Instructor: Fit, Fun and Fabulous

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57161	9:00-10:00am	M	Jun 3-Jul 1	5c	\$42/\$52
57162	9:00-10:00am	W	May 29-Jul 3	6c	\$50/\$60

## Zumba Gold

This dance/fitness class uses easy-to-follow dance steps coupled with infectious international rhythms with a Latin flair! Songs are choreographed for specific purposes; warm-up, cardio-conditioning, balance and stretching. You'll exercise the heart muscle and the brain, stay fit and have fun in a party-like atmosphere. All levels welcome, dress lightly, and bring water. Drop in \$7.

## Senior Center: Activity Room

Instructor: Donna Billmeyer

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56954	10:45-11:45am	F	Jun 7-28	4c	\$20/\$30
56955	10:45-11:45am	F	Jul 12-26	3c	\$15/\$25
56956	10:45-11:45am	F	Aug 2-30	5c	\$25/\$35

## Zumbatomic® ♥

### Big Starz

Zumbatomic® is a specially designed class for children. The overall goal is to create a fun and healthy program for children using the Zumba Fitness® concept. This is 'Exercise in Disguise'. Drop in \$10.

## Harding Community Center: Recreation Hall

Instructor: Diane Barry

Age: 8Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57165	12:45-1:45pm	Sa	Jun 1-Jul 6	6c	\$49/\$59
57166	12:45-1:45pm	Sa	Jul 20-Aug 24	6c	\$49/\$59

### Lil Starz

Zumbatomic® is a specially designed class for children. The overall goal is to create a fun and healthy program for children using the Zumba Fitness® concept. This is 'Exercise in Disguise'. Drop in \$10.

## Harding Community Center: Auditorium

Instructor: Diane Barry

Age: 4Y - 7Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57168	11:30am-12:30pm	Sa	Jun 1-Jul 6	6c	\$49/\$59
57169	11:30am-12:30pm	Sa	Jul 20-Aug 24	6c	\$49/\$59



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